



OFFICE OF PUBLIC INSTRUCTION

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Linda McCulloch
Superintendent

THINK FOOD

School Nutrition Programs

December 2008



BREAKFAST GRANTS



As mom often says, breakfast is the most important meal of the day. Yet nearly 50 percent of students skip breakfast for various reasons. In order to address this growing concern, Western Dairy Association is offering **Expanding Breakfast Grants**, up to \$2,000 to schools in Colorado, Montana and Wyoming. The purpose of these grants is to assist schools in increasing breakfast participation in order to enable more students to get the brain fuel they need to perform well in school.

Grants are available to schools that implement breakfast using one or more of the following alternative service methods: breakfast in the classroom, grab 'n' go, breakfast after first period, breakfast on the bus or breakfast at the bell.



To access the grant application, as well as to obtain tools and information about Expanding Breakfast programs, please visit Western Dairy Association's Web site at www.westerndairyassociation.org or call them by telephone at (800) 274-6455. For more information you can also contact Judy Barbe by e-mail at jbarbe@westerndairyassociation.org.

COMMODITY DELIVERY CHANGES

The USDA has moved the delivery period from November to February on both the veggie and pinto beans. They have been moved from shipment 7 to shipment 9. Diced peaches and sliced cheese will be moved from shipment 9 to replace them on shipment 7.

BE SALT SAVVY!

Nearly all Americans consume more sodium than they need. Often we don't know how much sodium we are getting. Taste alone may not tell us which foods are high in sodium. Sodium that naturally occurs in



meat, poultry, dairy products, and vegetables, accounts for only about 10 percent of our salt intake.

Children's taste for salt is a learned habit. By gradually reducing the salt and sodium in school meals, students' tastes can change. Offer lower sodium versions of popular menu items and recipes at the beginning of a school year. Students may hardly notice the difference.

To become "salt savvy" for your students checkout the USDA Fact Sheet "Be Salt Savvy - Cut Back on Sodium for Healthier School Meals" at the following Web site:
<http://www.opi.mt.gov/schoolfood/resources.html>



SHIPMENT 6

The following commodity foods are still available for shipment 6 for those schools with remaining entitlement dollars.

The USDA has updated the 2008-09 school year entitlement so visit www.opi.mt.gov/schoolfood/foodDistNEW.html for your updated entitlement.

Beef, Gr	\$78.56	28 cs
Chix Brd 7pc	\$53.20	202 cs
Corn Frz	\$19.47	303 cs
Peach Cups	\$24.41	150 cs
Peach Cups Bonus	\$27.54	112 cs

Fax your requests to the School Nutrition Office at (406) 444-2955 no later than **December 2, 2008**.

HEALTHY HOLIDAY GIFT GIVING



This year, think about giving something healthy to your loved ones, co-workers, neighbors and friends.

A healthy eating book or a healthy cooking class are ideas to get someone on the right track.

Help someone get active by signing them up for a fitness class, dance classes, yoga or water aerobics.

For the friend that's trying to lose weight by eating lots of salads mix up a nice vinaigrette dressing using aged balsamic vinegar and olive oil. This can be a special gift when given in a pretty bottle.

A crock pot, rice cooker or a steamer are gifts that will help the recipient prepare food in a healthier way. Throw in a few recipes for a tasty soup or a meal that includes steamed vegetables.

Fruit baskets also make great gifts.

Relaxation and stress relief are important for overall good health. A gift certificate for a massage is a great idea to help someone de-stress.

